

Nutrition Apps



APPS FOR NUTRITION & HEALTH CARE PROFESSIONALS

Pocket Medical Spanish or French

Creator: Modality

Price: \$4.99

Available: iPhone

Link: www.modality.com/apps

Overview: Features include phrases used for medical treatment and diagnosis, visual tools including a pain index, color chart, calendar, and clock, ability to bookmark frequently used cards, and a search functionality to help you find specific terms.



Epocrates

Creator: Epocrates

Price: Free and paid versions

Available: iPhone, Droid, Blackberry, Palm, Computer

Link: www.epocrates.com

Overview: App allows access to reliable drug, disease, and diagnostic information at the point of care. Provides drug monographs, drug interaction checker, pill identifier, clinical articles, medical news, etc. Advanced versions have ICD-9 and CPT codes, medical dictionary, and high-resolution disease images.

Skyscape Medical Resources

Creator: Skyscape

Price: Free

Available: iPhone, Droid, Blackberry

Link: www.skyscape.com/app

Overview: A clinical decision-support tool including a pill identifier, drug dosing tool, formulary information covering over 5,000 health plans, medical calculators, evidenced based information, and more.



GENERAL HEALTH AND NUTRITION APPS

Fooducate

Creator: Fooducate Ltd.

Price: Free

Available: iPhone, Droid

Link: www.fooducate.com

Overview: Scan barcodes of food products into the app database and receive nutrient facts about the product. Allows you compare different products to each other based on their nutrition information.



MedLine Plus

Creator: U.S. National Library of Medicine

Price: Free

Available: iPhone, iPad, Computer

Link: <http://m.medlineplus.gov/>

Overview: Includes summaries for over 800 diseases, conditions and wellness topics as well as the latest health news, an illustrated medical encyclopedia, and information on prescription and over-the-counter medications.



Walking Paths

Creator: American Heart Association

Price: free

Available: iPhone, Droid

Link: www.startwalkingnow.org/WalkingPathApp.jsp

Overview: Create, find, and track walking paths anywhere you are.



RECIPES

Healthy Recipes – By SparkRecipes

Creator: SparkPeople, Inc.

Price: Free

Available: iPhone, Droid, Blackberry, Computer

Link: www.sparkpeople.com/mobile-apps.asp

Overview: Browse and search more than 190,000 recipes. Provides nutrition information on calories, carbs, and 10 other nutrients. Also offers cooking demo videos.



Dinner Spinner

Creator: AllRecipes.com

Price: Free

Available: iPhone, Droid

Link: <http://allrecipes.com/features/applications/dinner-spinner/default.aspx>

Overview: Over 50,000 recipes are provided through this app. Search by dish type, ingredient, or “ready in” time.



WEIGHT LOSS/CALORIE TRACKERS

MyNetDiary

Creator: 4Technologies Corporation

Price: \$3.99

Available: iPhone, Droid, Blackberry, Computer

Link: www.mynetdiary.com

Overview: Includes access to website for online food entry and backup. Scan barcodes of food products to view their corresponding nutrition information and add them to your daily food log. App calculates target calories and weight maintenance calories based on BMI.



SparkPeople

Creator: SparkPeople, Inc.

Price: Free

Available: iPhone, Droid, Blackberry, Computer

Link: www.sparkpeople.com/mobile-apps.asp

Overview: Users are able to personalize diet and fitness plans. Calorie counter, workout tracker, exercise demo and videos. Get answers from dietitians and trainers on message boards.



Target weight for Adults

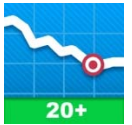
Creator: Tactio Software International Inc.

Price: Free

Available: iPhone

Link: <http://www.tactiosoft.com/en/products/targetweight>

Overview: Tracks weight, calculates BMI and it has the ability to categorize weight based on BMI.



OTHER APPS

Is That Gluten Free?

Creator: Midlife Crisis Apps, LLC

Price: \$7.99

Available: iPhone

Link: www.midlifecrisisapps.com

Overview: Allows you to search a database to find if brands, foods, and ingredients are gluten free.



Leftovers

Creator: Rade Eccles

Price: Free

Available: iPhone

Link: <http://radeeccles.com/Leftovers.html>

Overview: Guidelines on how long certain leftovers can be safely kept in the freezer, refrigerator, and at room temperature. Also includes guide for heating/reheating and common foodborne illnesses specific foods are vulnerable to.

LogFrog DB

Creator: Amphistyle, Inc.

Price: \$2.99

Available: iPhone

Link: www.Logfrogapp.com

Overview: Allows you to track your blood glucose values, insulin, oral medication, carb intake, and exercise. Can set reminders for taking medication and checking blood sugar. There is also a lite version for free.

